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Bosham man on bail as possible weapon is discovered by police

Continued from page 1

But this week, Sussex Police released pictures of what they think is the murder weapon - a heavy-duty claw hammer, which was found in the village. It would appear that they have made a key breakthrough.

Detective Superintendent Nick May from Hurrey and Dunsfold said: "We need to know the origin of this hammer. Do you recognise it? (See photo, far right.)

"We need people to look at it if they have lost such a hammer or had one stolen in the period leading up to the murder.

"We would also ask police officers, prison staff, probation officers and professionals who work in mental health, if they have dealt with anyone who has talked about causing someone harm with a hammer, to let us know.

"The hammer is about 20cm in length. It has a distinctive red and black handle and is enclosed with the words 'Forge Steel' with a picture of an anvil on it.

"If we are would like to hear from



Do you recognise this hammer?

you. We are intending to appeal for any information from anyone who saw anything, important in the area from the afternoon on Sunday or December 10, 2010 on Monday up to December 12, 2010.

A statement issued by Mr Corrie's family said she was an unusual student who was always hungry for a new challenge. "She was a much loved daughter,

mother, sister and sister, who will be sorely missed by the whole family," the statement said.

"Pat was a free spirit who enjoyed her life and was a talented artist, about to embark on a new painting career."

"She had recently moved back to Sussex from Scotland to be close to her family and we were lucky enough to spend a family Christmas together."



"There has been a complete check to the family and we appeal to anyone who has any information, no matter how small, to contact Sussex Police."

Shane George lived near Mr Corrie in Mottish, near the Southport border, until she moved a few months ago.

He said: "She was a good neighbour, a very private person, hard worker - well regarded,

well liked.

"I've a very small community here and she has earned a lot of respect. It's really appalling and what has happened to her."

Phone Sussex Police on an out-of-hours Operation Enigma or call the independent charity Chichesterers anonymously on 0800 000000.

Let us know where you think @Chichester

Sussex Police welcome increasing focus on cyber crime

SUSSEX Police have welcomed the Home Office Cyber Street campaign launched on 13 January and aimed at preventing on-line crime.

In February the force is also launching a further campaign focusing on how people in Sussex can protect themselves online.

Detective will conduct a live meet for young people and a month of internet safety awareness in schools to reinforce existing educational packages. To support members of the public who need advice and support with safe social media and internet use, officers will be given updated guidance on social media law, and information on the Sussex Police website will help computer users find out how to improve their security settings.

Online crime is a growing issue and many internet users are unaware of the risks. It can take many forms including credit card fraud, online harassment and identity theft, and have a serious impact on people's lives.

Detective Chief Superintendent Steve Fowler said: "Lawlessness and multi-million loss millions of pounds each year to online fraud. It is a serious issue in Sussex where the volume of fraudsters can have a devastating impact for victims. Sussex Police the most basic steps, such as checking your security settings and using virus software, can protect you from becoming a victim."

The Home Office Cyber Street campaign encourages the public to think about how they can use the internet safely. We

also Internet users to visit www.cyberstreetnow.com to find out more about how they can protect themselves.

"The Hi-Tech Crime Unit in Sussex Police has certainly seen a steady increase in the number of cases including mobile phones, computers and other storage devices, which we investigate by using our specialist staff teams. However, it is not just the types of crime including domestic abuse, harassment, burglary and robbery as well as fraud."

Further details of events, including a live broadcast for young people on Cyber Internet Day, in February, will be published on the Sussex Police website.

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Anorak Corner

An exciting aspect of information about Chichester

The Domesday Book (1086) lists Bosham as one of the wealthiest manors in England. It included the nearby village of Chidham.

Tweets of the Week

What are you @Chichester people doing about the snow?

Don't leave any petrol under the car! See how you can book @ChichesterHerald



@ChichesterHerald

Heading out from B&I in West Wittering. Snow now described as moderate to the other



@ChichesterHerald

Thank you @ChichesterHerald and @ChichesterHerald for the snow. I'll be out there after lunch. I'll be out there after lunch.



@ChichesterHerald

What's your @ChichesterHerald? I'll be out there after lunch. I'll be out there after lunch.



@ChichesterHerald

Only @ChichesterHerald you find a snow in the snow. I'll be out there after lunch. I'll be out there after lunch.



@ChichesterHerald

Cycle Club @ChichesterHerald has been out of the snow. I'll be out there after lunch. I'll be out there after lunch.



@ChichesterHerald

Up here at my eye. I'll be out there after lunch. I'll be out there after lunch.



@ChichesterHerald

Had a brilliant day @ChichesterHerald. I'll be out there after lunch. I'll be out there after lunch.



@ChichesterHerald

The State of the day for @ChichesterHerald. I'll be out there after lunch. I'll be out there after lunch.



@ChichesterHerald

Had a brilliant day @ChichesterHerald. I'll be out there after lunch. I'll be out there after lunch.



@ChichesterHerald

Had a brilliant day @ChichesterHerald. I'll be out there after lunch. I'll be out there after lunch.

A skinhead spat in my face at Waterloo



Tommy Boyd
Lymington, Hampshire



HIGH BLOOD PRESSURE

Some have put elevated blood pressure on the list of ailments that can be caused by skinhead culture. In the case of Tommy Boyd, it's a bit more complicated. Boyd, 21, has high blood pressure and says he's had it since he was a child. He says he's had it since he was a child. He says he's had it since he was a child.

TATTOOS ROUND HERE

Work to Portsmouth's swimming pool has led to the latest tattoo in the city. Boyd, 21, has a tattoo on his chest. He says he's had it since he was a child. He says he's had it since he was a child. He says he's had it since he was a child.

COUGH'S ANGRY

Some ways to do it do a bit of work on the way. Boyd, 21, has a cough. He says he's had it since he was a child. He says he's had it since he was a child. He says he's had it since he was a child.

will pressure him, but that I should be aware that it might be in his right to pursue me for what he sees as a breach of contract.

CHICHESTER GOD ALONE

The first time I was in the city for a while, I was in the city for a while. I was in the city for a while. I was in the city for a while. I was in the city for a while. I was in the city for a while.

SEASIDE

They take photographs of the city. I was in the city for a while. I was in the city for a while. I was in the city for a while. I was in the city for a while. I was in the city for a while.

Chichester Herald (2014) www.chichesterherald.co.uk
Chichester Herald (2014) www.chichesterherald.co.uk

THE PAST

I wish all the memories of the past were as clear as the memories of the past. I wish all the memories of the past were as clear as the memories of the past.

THE FUTURE

I wonder how many of the things we do today will be remembered in the future. I wonder how many of the things we do today will be remembered in the future.

REMYTH

I wonder how many of the things we do today will be remembered in the future. I wonder how many of the things we do today will be remembered in the future.

JOKES

How do you know when you're a joke? I wonder how many of the things we do today will be remembered in the future. I wonder how many of the things we do today will be remembered in the future.

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Man's life is saved by locating device

THEYET of a man from Chichester, who met enemy when he was 14, has said that Chichester Council's Mindline locating device for those with dementia, saved his life.

John Duce, 65, who was diagnosed with Alzheimer's disease six months ago, had been walking with his family near Durdle Door on Christmas Day, when he went missing.

Thankfully, John was wearing the Mindline device, which can locate someone anywhere in Europe, as long as there is a mobile connection.

His wife, Rosemary Duce, 60, called Chichester Council to ask if they could locate her husband.

Staff from Chichester Council explained how co-ordinate to a South Western Ambulance when they could not find him. The staff from Chichester Council explained how co-ordinate to a South Western Ambulance when they could not find him. The staff from Chichester Council explained how co-ordinate to a South Western Ambulance when they could not find him.

John was in a distressed state when he was found. He had attempted to get into a locked van before, resulting in a number of cuts, and was still in a state of shock.

advised to Dorset County Hospital, suffering from the early signs of hypothermia.

Rosemary said: "If John hadn't been wearing the device around his neck, it would have been very difficult to locate him."

"I panicked at first, as I realised that John was missing. It was surprising how far he got in such a short space of time."

Rosemary added: "I cannot explain how much of a relief it is to know that when you have lost someone that there is a way of finding them again. It's such a relief for the people helping us. I tried to think what would have happened."

The device works on an antenna base. For example, if it's raining the weather out options and John happens to leave the house for a walk, I know that I will be able to locate him if he doesn't return. On another occasion, John said if he could not find me while I was out, he would have been in trouble. When I returned, John had walked off. However, I was able to tell Chichester Council, who told me exactly where I could find him.

"The device gives John his freedom and provides me with the

reassurance that I could find him if he wanders. It is absolutely invaluable and I wouldn't be without it. Knowing what a difference the device has made to us, I now want to make sure that others in a similar position are aware that this is available."

Mindline's locating device that can attach to your house keys, place in your pocket, or hang around your neck.

It is available to anyone in the UK and is managed by Chichester Council, which is run by Chichester District Council. The service supports those who are vulnerable, as long as a day, every day of the year.

The device, which has already helped to save a number of lives, is a small GPS locator. If a person becomes lost or disoriented, they can be located through a dedicated mobile by their family or Chichester Council. The device sends details of its location to the website every four minutes, and is thought to be the smallest GPS locating device in the country.

A further version has also been created with a button that allows the user to speak directly to Chichester

Council. This version is now being used to provide reassurance to carers, lone workers, those who are returning from an illness and those who are vulnerable, as at risk.

Not only has the device been popular with individuals, but police forces, local authorities and health authorities from across Europe are now using the device with great success.

"We are delighted that our Mindline device helped to locate John and that he is now fully recovered," said Cllr Ellen Lunn, Cabinet Member for Wellbeing and Community Services at Chichester District Council.

"The device helps to give freedom to those with dementia, and reassurance to their families - as long as a day, every day of the year. Even on Christmas Day, the service is helping to save lives - as this weekend."

It quite literally has helped to transform people's lives. Even if someone is wandering from a house alone, they are able to contact with their family to let them know that they are safe and sound and that their Chichester Council service members of their need it.

Chichester Council is the only



John Duce with his wife Rosemary (Photo credit: Michael Cheval)

centre in the country, monitoring the devices. They are able to locate the person if they become lost - regardless of where they are in Europe (as long as they have a mobile network). Information on the location of the person will only be provided to the carer or family once there is a security check to ensure the person is safe. The service provides a 24-hour service. The device, which also monitors lone workers and other vulnerable groups of people, helped to locate John at the point and operate as long as a day, every day of the year.

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Police appeal to owner of dog that bit a woman in Emsworth

A 20-YEAR-OLD woman was bitten by a Bullmastiff as she walked her dog in Rusey Gardens, Emsworth.

Police are trying to trace the owner of the dog which rose off its leash at the time. He was walking with his Bullmastiff, which he said was a rescue dog and only recently acquired, when it became aggressive and bit the woman's hand as she lifted her dog. The deep cut required hospital treatment.

The incident happened at about 2.30pm on a January

PC Matthew Stedman said: "The man, who had a young girl with him, apologised for his dog's behaviour, however he did not have any details. We would appeal for him to contact us on an ongoing email: 01243 816100 or send us a message: [email address]."

The man is described as white, in his late 20s, with short grey hair. He was wearing a dark blue jacket. If you know him or recognise him please call you nearest police so we can discuss the matter with him."

A27 Emsworth crash victim named

POLICE have confirmed the identity of a driver who died when his car came off the A27 at Emsworth.

He was James Frost, 56, of Gosport Drive, Emsworth.

Shortly before 7pm on Monday, January 13, James was driving his blue BMW car east when it came off the emergency path before the third roundabout.

The vehicle collided with a barrier and then before coming

to rest.

James was taken to St Richards Hospital, Chichester, where he later died.

Police are continuing their investigation into the collision and would like to hear from anyone who saw what happened.

Anyone with information is asked to contact the Police Road Policing Unit, quoting Operation Enigma, on 01243 816100.

Fracking on the agenda

AN EMBLEMATIC evening about Fracking will be held on Thursday February 27, 7pm to 9pm in St George's Church, Cleveland Road, Chichester, PO19 9YB.

The aim of the evening is to inform the residents of the Chichester area of the issues surrounding fracking which is proposed to come to West Sussex. There will be several short presentations from:

- Trevor Smith, Chief Executive, and Claire Potts, Head of Waste Lead, from South Sussex Waste Partnership

- Mike Ellington, Strategic Planning Manager from West Sussex County Council

- Keith Taylor, MEP for South East Region

- Tony Emsworth, Energy Campaigner, President of the Earth

- Peter Carson and Peter Lusk, independent oil and gas consultants

After the presentations, there will be an opportunity for members of the public to ask questions and voice any concerns.

The meeting will be chaired by Cllr

Michael Madley, former Mayor of Chichester.

Entry is free and a small amount of parking is available next to the Church. We would encourage people to use the Little Market Car Park which is a short 5 minute walk away from the Church.

Should you have any questions about the Public Information Meeting, please contact Polly Dallas on 01243 816100, or email: [email address], or text: 07791 866661, or on Facebook at: [facebook page name].

Work starts on Monday on key drainage work in Earmley

A £1.5M Earmley road scheme is to be built in Earmley by West Sussex County Council to help protect residents from flooding.

The structure will allow a new flood alleviation channel, constructed by the Environment Agency, to pass underneath Almondsley Lane.

The work is part of the Environment Agency's Melbourn workscheme scheme for the Melbourn peninsula, situated between Gosport and Earmley.

Over finished, the scheme will

improve drainage infrastructure for over 300 houses, the Earmley Chichester Road and the Earmley road drainage works.

Work starts on the concrete culvert on Monday January 27 and is expected to take six weeks to complete.

As part of a large programme of works it is needed to build the culvert, Almondsley Lane will be closed throughout the works between Gosport Lane (westward end) and Gosport Lane.

Signage directions will be in place

for motorists throughout the project. County Council's Cabinet Member for Highways and Transport, Peter Moxey, said:

"This new culvert is a key part of a large-scale Environment Agency project to improve flood defences on the Melbourn peninsula."

"It will help to reduce the risk of flooding in this area, but more broadly it will greatly improve the flood protection across the area."

"It's our job to protect lives and to ensure the work is done."



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Body worn cameras head trouble off in Chichester bars and restaurants

BODYWORN cameras funded by the Sussex Environment Trust have been launched in a success, following live trials by Chichester Businesses Against Crime (ChBAC) in several Chichester bars and restaurants over the Christmas period.

Following a pilot of the new cameras over two nights at Chichester University Student Union Bar at the start of December, ChBAC organised a further live trial in the Dolphin and Anchor pub on West Street, Chichester, which was deemed a tremendous success.

These body worn cameras are worn covertly on the outside of a protective metal wire mesh screen showing what is being filmed. The cameras film exactly what the camera or staff member who is wearing it can see and hear, with the police intervening with the door staff can actually see themselves being filmed on the screen. The belief is that because the cameras are clearly visible, they deter people from acting potentially unlawfully or antisocially.

As Dave Johnson, manager of the Dolphin and Anchor, comments: "Let me take the opportunity to say again that these body worn cameras are one of the best tools I have ever had at my disposal and ChBAC should be proud of themselves. Over the Christmas period I would say they're completely diffused at least to students that would have very quickly escalated into something bigger".

Following these two successful operations, ChBAC asked out the cameras fully across all the ChBAC members on mid-December and there are now six cameras regularly in action in Chichester on Friday and Saturday evenings and they are also available to ChBAC members on the City Centre bus loop days on evenings during the week, or when there are events on the City.

Paula Callaghan, manager of ChBAC comments: "The purchase of the Body Worn Video cameras (BWV) has been a great success for Chichester. The cameras support staff in

their work and we have seen that they often defuse situations that may otherwise have escalated. If incidents do occur, the camera recording can be used as evidence to support prosecution and in some cases has also been used as an educational tool, to show how people behave when in the presence of drink or drugs".

Kim Ling, City Centre Manager, explained with the residents: "The cameras are a strong tool and can only strengthen the ChBAC scheme. The BID is pleased to have achieved this level of support for Chichester BID levy payers, helping to deliver safety of staff, customers and premises, which is paramount".

These body worn cameras have been very well received and in some cases the images captured have been good enough to assist police in cases where people have been arrested. As a result, most Chichester evening venues are keen that they become a permanent feature of the ChBAC scheme.

Delivery of local services on agenda for Health and Wellbeing Board

PLANS for the delivery of key local health and social care services are on the agenda for the West Sussex Health and Wellbeing Board next week.

The Board meets on Thursday January 24, at 2pm, at County Hall, Hove, Brighton.

The Board will be reviewing commissioning plans for health and social care for the next two years (2014/15 and 2015/16). The plans are being developed by West Sussex County Council and the NHS (the three West Sussex Clinical Commissioning Groups and NHS England) for the delivery of key local services, including hospital services, public health, adult and children's mental care, primary care and mental health.

Chairman of the Board, Christine Pidd said: "It'll be showing that the organisations involved are working together to ensure their plans are consistent with local priorities,

as set out in the agreed Joint Health and Wellbeing Strategy for West Sussex.

"Key priority areas for the Board are children and families, workplace health, and dementia. We want to see how these are reflected in planning services for the future – to ensure improved health and wellbeing for West Sussex residents".

The Board will also look at how funding from the NHS for social care, called the Better Care Fund, will be allocated across West Sussex. The funding is intended to transform local services so that people are provided with better integrated care and support, including through the operation of community-based care.

To find out more and to see the agenda, visit the Health and Wellbeing Board web page on the West Sussex County Council website at www.westsussex.gov.uk

Prom Gone Wrong

I AM CURRENTLY in the early position of being to help organise a prom. This is a huge responsibility if you go to a girls' school – as one of my friends put it "it's the only other thing question your wedding when you can look like a princess! I'm not quite sure if it is as actually that awesome, but people do get really pulled into it. Gals were being their dream in September. There has been talk of having their own CL7700s bag. What is even the point in a school bag? It doesn't have a handle so it is basically a bag without the part that makes it useful.

The thing is, prom represents the end of an era for all those involved. You've finished school and you want to look it. And seriously, the pressure is already getting to me. I want prom done properly, the other day I knew, it's January, but apparently I'm already leaving it alone. Love and the stress, it's not really. You think you know yourself, think again. Trying on prom dresses brings out a new complexion. There are girls filling the room, each of them feeling awkward in a new gown. If you open up that you like on one of them, you have to wait until they've turned it down before passing on it. But even once you've found



one, there's no guarantee that it's yours; if somebody from your school has it, you're screwed – the lady behind the till says "Oh sorry, that one's taken for Gals Week, but you can try for it in five minutes". You are destined for a later night of looking at each girl in need mode and thinking: it would have made me look better tonight! That is really the way of the prom experience.

Apparently transport is important too. My friend is carrying on a horse. As she is riding in on an actual horse. As an outfit and look and riding it. Show that look, offer it and ride.

I suppose until the day actually comes, the world will have to put up with the chaos of SNM MY COOL SHE IS YEARNING THIS SUMMER AS I ME TO PROM. So no wait here as in champagne don't worry! And how no fear, I will be on hand to stop anybody big fight on fashion mistakes, because although they have no handle I've heard they can break a wheel.

CAT AND PANDA RESCUE CENTRE

Special Siamese Sisters

AT THE CENTRE we don't get too many pedigree cats and if we do they usually get rehomed fairly quickly. But our two Siamese, Tami and Shona, have been with us for nearly 18 months now. Shona is a female and Tami is a male. They are characterised by their irregular head shapes, large ears and elongated, slender bodies. Siamese have special personalities and we love to share them with you.

Shona is a Siamese cat who lives with us in a house with an owner who doesn't have the quarters of the house.

Tami and Shona are very special. Both of them are very caring and understanding. These two cats arrived with us on the 10th May 2012 because their owners were moving home and couldn't take them. During this stay with us they did get a home for a month but they did not settle and were returned. They are happy here and they can be a little



snuggly. But these two are very cute and spend most of their day curled up with their owners. Shona and Tami are 10 years old and Tami is a male and Shona is a female. They are both friendly but Shona is a little more playful. We really do need these sweet girls to find a loving home together.

Household items like cats and kittens are waiting for homes now. The rescue also for a number of dogs of all ages for each named cat or older kitten.

which includes vaccination, flea and worm preventative treatment, microchipping, and FIV and HIV tests. We can also offer a weekly. An unsterilized female kitten is 100 including a 100 centimeter collar (to be included in The Cat's) for when the kitten is old enough.

Working by appointment 9 days a week. Cat and Rabbit Rescue Centre, Hailuon Lodge, Chichester Lane, Saffron Walden, Chichester, Chichester. 01243 811111. www.catsandrabbits.co.uk. 01243 811111

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Sussex Police report rise in domestic abuse calls over the holiday period



THE CHRISTMAS and New Year holidays were once again peak periods for reports of domestic abuse in Sussex, according to police figures.

Sussex Police again dedicated Operation Conscience patrols to respond to reports of domestic abuse over the Christmas and New Year period, with officers equipped with body worn video cameras to help ensure vital evidence, as a part of the force's year-round campaign to encourage reporting of such incidents.

The dedicated patrols began on 20 December and continued until 1 January but officers continue to respond to and deal with such calls well into the year round and the force, working with partners,

also promotes the new through the ongoing Talk To Me campaign which encourages the reporting of domestic abuse.

Unprecedented calls were responded to across Sussex by Conscience units and other officers, resulting in 127 specific crime reports of various levels ranging from sexual harassment. The weekend call numbers ranged from 15 on 11 December to over 30 New Year's Day. The Sunday before Christmas and Christmas Day were the next highest with 25 and 18 respectively.

Domestic abuse is always treated as a priority by the force, but due to the regular increase in incidents throughout the festive season it was vital that there were sufficient resources available to manage and respond to calls for urgent help.

Every day of the campaign, teams of uniformed officers marked a dedicated shift to attend incidents of domestic abuse or their role priority over all other types of police incidents.

Officers working on Operation Conscience were also kept up to date by intelligence briefings about victims who may be particularly vulnerable, and about specific offenders who may pose a higher risk. In addition to officers attending the homes of victims, teams of specialist detectives carry out follow up investigations into domestic abuse cases.

Sussex Police's Crime Commissioner, Katy Bourne said: "The increase in reporting gives Sussex Police a better understanding of how widespread domestic

abuse is. I fully support the recent campaign with partner agencies to raise awareness of the issue and it will continue to be a high priority for us."

Detective Inspector Stuart Hild from the Senior Protecting Vulnerable People Branch said: "During the period we received an average of 35 domestic abuse calls every day, compared with an average of 25 such calls every day for the rest of the year."

"The increase over the holiday period is often down to higher alcohol consumption, combined with limited spending time with their usual work week. Bullying and harassment which are potentially domestic may occur as a result of this too."

The increase in incidents reporting over the past year has also been particularly noticeable, and we think it may be due to it being in part the fact that we are already campaigning with partner agencies, to raise awareness of this issue and the support available to victims and

people including with it."

Sussex Police continues to treat all domestic abuse incidents as a priority at all times of year and to work closely with other agencies to have victims safe. Although the majority of domestic abuse occurs against women, nearly one in five victims of abuse is a man. Anyone who is suffering any form of abuse by a partner or family member is encouraged to report this by ringing the police on 101, 0161 or emergency 999 if in danger.

For advice and support, and for further about the Talk To Me campaign, phoning on domestic abuse, visit www.sussexpolice.uk or call 101 or 0161 222 2222.

For the Twitter debate, see @SussexPolice. If you don't want to talk to the police, talk to someone. There are confidential helplines, call Helpline @SussexPolice. Helpline 0800 1100 1100 www.actiondomesticabusehelpline.org.uk

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Role model is one thing but royal brands should be banned



Allis Moss

On the Case

HAVE YOU got a hero? Someone who inspires you, whose 'you'd like to be like?' Maybe from your own family or history? I know several people who say they're in Chichester. (Stressless, author, artist-of bird feed, now, some hot-shot celebrity right? Large would/could begetal heaved heaved. He'd have his own eagle bird, and more his own for his eagle.)

It's a big supporter of the Queen. I think she's great. I like Prince Charles for not being a playboy prince, for making ugly buildings comfortable and turning the profits from his royal work to charity. While and Kate seem like a nice couple and I tell her Prince George is his mascot as soon as I see that photo (on a more serious note, this probably,

as someone whose family came to them shows some form or four generations back, for what I see as the stabilising influence of the royal family. If you're asked to republican feelings, I'd say you'd just end up with different ideas. No, I'm for our royal. Which makes it really rather disappointing to learn in the news that week that the Duke and Duchess of Cambridge have followed the advice of lawyers representing the likes of David and Victoria Beckham to have a company set up to protect their brand. This is the difference between celebrity royalty and members of the royal family. There should be no action, surely, that could be interpreted as creating opportunities for them to make money out of their position?

If someone says that, well, that's what being a king or queen or an heir to the throne is all about, isn't it? Providing a role model. If the reason was to prevent damaging images in the future, you would have thought that could be addressed on a case by case basis.

Model players

Reaction Analysis, changed by the FA web making an offensive picture on the pitch, was also a role model. Football has the power to ban all kinds of abuse—as well as create them—and players have a

responsibility well beyond leading a ball in the back of a net. Property giant Google agree and isn't running an sponsorship deal with Arsenal's Midlands club West Brom. It follows the strike making a picture created by a French musician which has been banned by his own government for being racist. Meanwhile, too in a moment from Twitter's former Laidla, an advertiser for the advertisement campaign group Kick It Out, that we 'don't have to make such a big thing about it.' But then Arsenal was his 'del as a kid'.

Taking on water

My national had believed. My recent soft top. Panta has been breached by the climate change museum. I suspect the automated boat and found it to be like the handling of so many of my own. Surprising. It's not many more too small. Check. Large late hours once in. Some with very limited stay. Check. There was even a gadget. I bought you an when I had on an island in the Thames. The place was infested by put head. The bathroom radiator actually had a colony inhabiting it and could have featured on a David Attenborough special. Now I'm nothing about that. But I preferred to shower alone. The gadget was a heater tube that basically melted the spider as when you pressed a button. Then you put a little cap on the tube and released your little liquid (read: warm) inside. I could do with it here in Chichester but surely the lid was the only thing not in the boat.

Believe in coincidence?

Have said it before. You can read Alan Garner's books whether you're eight or eighty. The Owl Swims is a lyrical, spooky story set in Mids, about a girl who finds a beautiful old set of cookery in the attic above her bedroom. It suggests the old changes from photo paper. When they disappear strange things start to happen. I put the book aside as I answered the ringing phone. My mother's voice said: 'You bought me a cup in the shape of a owl?' Normally I'd have thought it a treat.

And finally...

If you want to be a local hero or put your name more attention, then you're getting, by wearing a high we island. I wear one cycling to the shops or work. This week alone I've been asked where I've gone because of it. It is a little point stranger to Robert Dym and what have the team was getting in. 'Do you ever know why it's been delayed?' are frustrated. I'm frustrated. Do make thought, my job not.

Contact Allis Moss on 01243 811111 or chichesterherald.co.uk

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Bournemouth Marriott (NEW)

The Royal Marines Museum, Southsea

The Grand, Brighton

Old Thorns Manor Hotel, Liphook

The Basingstoke Country Hotel (NEW)

Cams Hall, Farnham

The Concorde Club, Eastleigh

Portsmouth Marriott

The Solent Hotel & Spa, Whiteley

Portsmouth Guildhall

Old Thorns Manor Hotel, Liphook

Grand Harbour Hotel, Southampton (NEW)

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More dates being added all the time. See website for up-to-date list



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Rotary President visits Aldingbourne Country Centre



THE ALDINGBOURNE TRUST was a proud host to the Rotary International Exeter & Inland President Sir Macdonald this week. The Trust is supported by the three local Rotary clubs: Arundel, Chichester Harbour and Bognor, and were delighted to be able to show the RIBI President around

the Country Centre during his visit to the UK. The Aldingbourne Trust is a Not for Profit charity that supports over 500 children with learning disabilities across its sites in the country, many of the Trust's clients attend the Aldingbourne Country Centre and the visit was the perfect

opportunity to show the President, the Local District Governor and members of the local Rotary clubs the charitable work. A tour was also around the various local Enterprise facilities that the Trust runs, such as Home, The working services, F&B, and the

glaziers and expanded Country Centre show how the charity has grown immensely in 20 years, and now supports around 50 clients. One Rotarian recalled how he had been part of the party during the local for the newly established Trust. All those years ago, and was impressed with how it had grown into the Country Centre it is today. The Rotary support of the Aldingbourne Trust has been very generous over that last few years. Donations have been made to buy work uniforms for clients, provide sports equipment and Chichester Harbour Rotary funded a fence project, a lake reed bed and repair scheme. As the Country Centre is also open to the public as a visitor attraction, the Arundel Rotary Club have donated money to cover its routine maintenance – which proved to be a big hit with the RIBI President, Sir Macdonald, who highlighted a partnership over around the Conference Forum and visiting here. Aldingbourne – a further project that has been supported by the Rotary Clubs is the forthcoming Masted Tower Centre, which will be used by visitors and donors at the Country Centre.

The Rotary members were

able to see the charity in action and meet adults with learning disabilities working or training at the Country Centre. A presentation from the Trust's General Manager, Peter Stanley also gave an overview of the charity and explained the plans to expand the Country Centre into which will provide a future scheme for the charity to ensure self-sustainability in the face of government cuts.

The Rotary District Governor, Mike Goughing, and of the visit. Thank you to the Aldingbourne Arundel Rotary Club for arranging the visit to the Aldingbourne Trust. I know that Sir Macdonald was very impressed on what was being achieved and the plans for the future. Peter and his team had gone to great trouble to make the visit a memorable one and please pass on to them the thanks from us all.

For more information about the Aldingbourne Trust please visit our website: www.aldingbourne.co.uk. If you are part of a club or organisation that is interested in having a tour around the Country Centre and a Trust Talk about the charity please contact Madeline McIlroy on 01243 817400.

READER OFFER

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Chickens, dating and text messages



Dean Adams

I REALLY like to go into dragging someone's name through the mud unless they are proven guilty. You look at the way in which employees who are currently in court on trial for all these sexual allegations - their reputations are damaged and one or two maybe, just maybe, could be innocent! Look at Sam

Dearden for example. His name has been dragged through the mud by the press with allegations, yet he has now been released and not charged. This has led to damage to innocent people. The reason I am also saying this is because on the front of today's newspaper, I could have easily provided you with the name of the man who has been arrested and released on bail for the Robin Hood murder. This young guy may be guilty. I don't know, but he shouldn't be accused and for that reason his name shouldn't be there. Most of the media like our national newspaper has done.

Let us know what you think @chichester

Dating or seeing somebody?

SO, when does dating become 'seeing somebody'? I heard of some men recently on his first date and was surprised to know when this became 'seeing somebody'. I said if you've had sex or five dates then

surely you are seeing that person?

The official line for seeing someone seems to be 'you get together, see this out. The official line for dating somebody or 'seeing' together, not that one.

Text message hell

LIL GORG TERH HENH NTF NPL UNFNG PRMS

You're probably as confused as I am if you are so far into texting or using. There are the kind of short abbreviations I get in text messages

and I have no idea what they are. It seems these days that every text message I get I have to Google the words, because I can't read what they mean. All I can see is NTF. That's the only one I know!

Chicken or the egg?

IF YOU believe in God, then the Chicken came first. The same as Adam and Eve. As egg did not yet appear and surely if you then had a chicken that had that I am not a believer in God but I do believe in the power of prayer and 'seeing' Adam. I believe we arrived from space. Do the Chicken came first. Are you with me?

Photo of the week

#Chichesterphoto



Victoria Clark (@victoria_c_clark) Jan 10 2014

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Women lose five stone between them thanks to Wellbeing service

THREE Chichester District women are celebrating after losing five stone between them thanks to help they received from the Chichester Wellbeing Service, run by Chichester District Council.

Mary Whiting (60), Liz Weston (59) and Jo Wilson (50) have all been attending Wellbeing Weight Loss Workshops.

Her workshops have started in Belsey, Farnham, St. Nicholas and Chichester.

The four 12-week rolling programmes are as:

- Tuesdays from 1.30pm at the United Reformed Church in East Woking;
- Tuesdays from 7-8.30pm at Westgate Leisure Chichester;
- Wednesdays from 9.30-10.30am at Potworth Children Family Centre;
- Wednesdays from 1.30pm at Bassetford Community Centre; and
- Thursdays from 1.30pm at Boley Children Family Centre.

The workshops involve 400 week programmes to help you lose weight. They take a detailed look at your health, lifestyle and eating habits and will help you to make



Liz Weston (left) and Jo Wilson (right) have been attending Wellbeing Weight Loss Workshops run by Chichester Wellbeing. Mary Whiting (left) has not just under ten stone in weight since joining the workshops.

small and simple changes. The workshops also challenge myths about diets as well as looking at how stress and lack of sleep may affect weight gain.

Mary, who attends the East Woking workshops, has lost just under two stone in weight. She says: "This got together at each session in groups and the groups are a big help as support that you get is really good."

Liz, who joined the Boley workshops and has lost about one stone in weight, says: "The main tool that has been really helpful for me is the food diary. Doing what

I've eaten written down really helps and the weeks where I filled in a food diary I lost more weight than the weeks where I didn't."

Mary, of two-boys, who also joined the Boley workshops and who lost just over two stones in 12 weeks, says: "I really agree with the way that it promotes healthy eating rather than being on a diet. For me it's been about making small and simple changes."

Councillor Helen Lamb, Cabinet Member for Wellbeing and Community Services, at Chichester District Council, says: "Many of us go on during a year in January to try

and get rid of the excess weight we may have gained over Christmas. Research has shown that fast or low intervention diets only have a five per cent success rate. They mean that people lose weight and then gain it again, usually eating a bit more than they lost. They then go back to the latest diet in search of yet another solution and so the chasing will never begin."

The aim of the Wellbeing Weight Loss Workshop programme is to be able to lose weight safely and keep the weight off. The workshops can educate and empower you to making long changes to the way

you think about food. Each week you will be weighed privately using body analysis scales and there will be a talk and group discussion about a variety of topics along with recipes and healthy snack ideas and tips."

The workshops cost £40 per week. Anyone paying for a month at the start of the course will get two weeks free.

If you would like more information or to join a Wellbeing Weight Loss Workshop please contact the Chichester Wellbeing team on every group or email chichesterwellbeing@dc.gov.uk



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New themes set for Goodwood



HOT London and motorcycles will take centre stage at the Goodwood Festival Club time in 2014 as the ever-popular event celebrates its 50th birthday.

Formerly established as a "one-off" event for car enthusiasts, and with free admission guaranteeing legions of knowledgable devotees, the Festival Club will be staged on the grounds from May to November.

With hot street machines from the Volkswagen Golf GTi and Peugeot sport GTi will also take modern hotness like the Ford Fiesta ST and the new Hot Hatch driving on 5 October.

View Power Sunday, on 5

August, and everything else in between.

While the new theme adds an exciting extra dimension to the Festival Club, the ever-popular Superprix, Hot Tired Thoroughbred Sunday returns for 2014.

With an eclectic mix of machinery and a delicious open-air breakfast menu, guaranteed for every crowd, there is something to entertain, including outdoor music, whatever your taste.

The editorial and detailed Goodwood Festival Club website has regular updates on each monthly theme, and for 2014 visitors must pre-register online at www.goodwood.com/festivalclub to have a chance of

their theme-related vehicle being displayed on the stand. A full list of the 2014 Goodwood Festival Club dates and themes follows.

2014 CALENDAR AND THEMES

1 Date Festival Club Theme
2 May Superprix Sunday!
The ultimate high performance machines – race and blue to create the greatest live experience on the planet.

3 June Hot Top Sunday!
The best of top-down, including, strutting their stuff in the fastest race on wheels.

5 August Thoroughbred Sunday!

Primarily for pre-war vehicles with a certain pedigree, celebrating the golden age of Goodwood Motor Circuit.

9 October Hot Hatch Sunday!
Everything from the new super-easy Club to Group B releases and thoroughbred track day machines. If it's designed to go, bring a strong belief in it.

11 November View Power Sunday!

From V8 motorbikes and more cars to enjoy V8s, Cadillacs and Jaguars,

Goodwood celebrates the weekend festival, with engines in all its boasting variety.

All 2014 Goodwood Festival Club events will be staged from

08:00-20:00 hours on the last Sunday of the month (except in July and September due to the proximity of major Goodwood motor sport events).

Recipe for another great Swap Shop – now with added seeds!

ITS ALL in the mixer! Transition Goodwood's next Swap Shop. The small business, welcome land of good quality stuff and all those wonderful Christmas presents that could make someone very happy.

Delicious home-made cakes, soup and salad and Farnside drinks, a cherry tree (yes, it's real!) market stall. Every good exchange – isn't a great time to look a packet or two.

It's a lovely escape for a lovely morning swap with like-minded people.

When: Sunday 9 January, 10:00-12:00.

Where: Jubilee Hall, New Park Circuit, New Park Road.

Cost: Free of charge, drinks and refreshments, including food,

home-made soup available to buy. Transition Goodwood's volunteers will be at the hall from 9:00 onwards if you want to drop off any unwanted goods. Please bring to help out, share and on the day please email nag@che4id.com.

Transition Goodwood is part of a national movement, one of the biggest social movements of modern times, and which promotes a sustainable lifestyle and strong communities through the local area. We set the public organisations to help running these events, and our best men are now registered in the local area. Please consider community-based planning, as sharing events, a Christmas scheme and successful local events.

What's On in your local area...

• **Hospitality students at Chester College** are holding a 1920s themed charity lunch on 26 January in the Goodwood Restaurant, Chester College and with all money raised is set at 40% to support local and charity work. Tickets are £10. To book call 01244 78924.

• **Sevens Family History Group** Chester. Come programme for 2014 starts on January 20 with the title: *Griffiths/War Hospital 1815-1871* a meeting with WWI connections. The speaker is Katherine Skelton from the First Sevens Record Office. The full name of 781pm is St George's Church for St George's Church Road, Chester. (Chester before the church) (St George's very welcome, welcome to St George's). Please dial 01244 78924 or www.gwg.org.uk.

• **Cheshire Hair and Beauty** are putting on two events for charity. **Charity Hair** if you have a lot of a good hair

know anyone who does, we have a charity poster match on the 26 January at the Eagle in Chester. It's only a £10 trip in with a first round prize the match and start of April. Please let me know if you want to put your name down for this or 01244 78924.

• **The Hearts and Biscuits Club** is holding a 7.30 of Raffle and Cattle Golf Club on the 26 January. Tickets are £10 each. Dinner entertainment, dancing, the chance to win some amazing prizes in the raffle and tickets are on sale now at Chester or call Emma on 01244 78924.

• **Goodwood** is a social club where you can find friends and company every day for a night. It's a great place to find out about your members who have relationships or share some members. It meets every Tuesday at the Walnut Tree, Chester, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like

more information can visit www.goodwoodclub.co.uk or phone 01244 78924 or 01244 78924.

• **CHESHIRE ROVERS** (The Chester Amateur Race Club) is a club where you can find friends and company every day for a night. It's a great place to find out about your members who have relationships or share some members. It meets every Tuesday at the Walnut Tree, Chester, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like

more information can visit www.goodwoodclub.co.uk or phone 01244 78924.

• **Cheshire Art Society** are holding a series of workshops for new 2014 artists. There is a chance of the popular Figure 8. From Workshops on Tuesdays 1.30 - 4.30pm. Starting 20th Feb. For 12 weeks in March. 20th Feb. For 12 weeks in March.

alternates, starting with 1000. Study this can work things in local area. Local area will be working the same and offering a variety of work during the winter. (See members) 1 per session or £10 if three or more booked. (Contact 01244 78924 or 01244 78924) or 01244 78924 or 01244 78924. The January 1st programme of meetings and workshops for 2014 is available at www.cheshireart.org.uk.

All workshops are at 1000-1100pm. Chester Town Way & Pines, Chester. PO18 1LE. (Contact 01244 78924 or 01244 78924) or 01244 78924 or 01244 78924. The January 1st programme of meetings and workshops for 2014 is available at www.cheshireart.org.uk.



A charity poster match will be taking place this Sunday

• **Plastic meeting** contact partially. A Plastic meeting is a meeting of local residents, meetings in members homes. Contact Griffiths on 01244 78924 or 01244 78924.

If you would like a plastic meeting, please contact Griffiths on 01244 78924 or 01244 78924. The January 1st programme of meetings and workshops for 2014 is available at www.cheshireart.org.uk.

Food & Drink

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Mouth-watering food cooked the Mexican way

Independent Mexican restaurant offering home-cooked food in a unique setting

FROM the colonial exterior to the vibrant interior, complete with hand-painted murals, wall hangings and tapestries, Hachea is truly special to say the least.

Highly rated on Trip Advisor for "Great food, great cocktails, great service", the restaurant has been open since June 2015. Offering all the Mexican favourites including Tacos Locos, Hachos, Churros, Burritos, Hamburgers, Sandwiches, steaks, BBQ ribs, Payaso and their award winning El Barro Chilli, as well as more alternative dishes like hot omelette, Gyoza salmon, sea bass and Wagyu beef and

saladella on meat omelette.

Service is friendly and efficient and the atmosphere is fun and laid back. The building itself used to be an English pub and still has its original wooden beams and large open fire as well as a large seating area and outdoor lounge outside.

On a Monday, all three meals are "Buy One Get One Free" and Tuesday is "Dish of the Night", and highly recommend the Pasa Colada made by manager, Toni, using fresh coconut milk and coconut rum mixed with fresh pineapple juice and white rum. Wednesday is "Happy night" and on Thursdays and weekends evenings between 9pm and 11pm, live music.

We took the Mexican-themed party for a picnic, a generous selection of Mexican favourites including tender and succulent marinated lamb chops, garlic bread with creamy Mexican cheese, two fresh churros, salsa with guacamole and spicy sauce, and a selection of Mexican drinks.

For each course, we chose two of their signature dishes, the Chicken Churros and Payaso. The Churros are a hearty parcel of chick chicken, Mexican cheese and refried beans with a side of Mexican rice, corn, guacamole and black beans. The Payaso is a delicious shrimp omelette with a selection of extra fresh vegetables, but also,



lightly fried Coladas, all served with a salad, guacamole, churros and a choice of Mexican rice, guacamole, beans, salsa and sour cream. This is the perfect choice for trying new tastes at the table.

For each course, we chose two of their signature dishes, the Chicken Churros and Payaso.

The Churros are a hearty parcel of chick chicken, Mexican cheese and refried beans with a side of Mexican rice, corn, guacamole and black beans.

The Payaso is a delicious shrimp omelette with a selection of extra fresh vegetables, but also,



tender marinated chicken. Rich with pepper and sauce and a choice of Mexican rice, guacamole, beans, salsa and sour cream so you can make your own Gyoza combinations.

All well when we Spiced up Mexico to complement the food, as well as a choice of Mexican beers and house cocktails.

Drinks include Bacanitas pos, orange liqueur with lemon sorbet, Raspberry cheese cake and a selection of our house. If you're too full from your meal, we recommend the Mexican coffee, a

rich, aromatic coffee topped with a generous portion of double cream and a dusting of sugar.

If you are looking for a relaxed evening with friends with great food and cocktails, when you're ready, look no further than Hachea.

Contact Hachea today to book your table on 01243 709090 or email marion@hachea.co.uk or visit www.hachea.co.uk

Marlene Kurland 140 Wylie Road, Chichester PO20 8HT
www.hachea.co.uk

Write to us about your thoughts on Chichester

Food and Restaurant Review

Perfect for Large Groups, Affordable and Friendly Service, Amazing and Friendly Value for Money, Very good, particularly with the Monday offer, delicious and delicious, and for with a great atmosphere and great place!

Humble roast dinner tops list of most-loved comfort foods



THE TRADITIONAL roast dinner has been awarded as Britain's "best-loved" comfort food. The classic meal topped the list of food which Brits turn to most to keep spirits high during the cold months.

Another old favourite, shepherd's pie, was runner-up in the study, with chips, sausage and spaghetti bolognese completing the top five comfort foods receiving British public's votes.

The research, which was commissioned by the ASA, lists things that mean a lot to people,

also placed sausage dinner, chicken and toast and a good helping of mashed potatoes high in our comfort food rankings.

And the study of 5,000 people saw ratings for burgers and toast and chips can come continuing to win in your after year.

But the humble roast dinner was named as the most popular, with the "Full English" fly in only just out of the top five.

And out of "beef and lamb", but the act of combining it in a hearty, hearty meal was the little things that mean a lot to us.

The top comfort foods on actually be pretty healthy - a roast dinner supplies at least a couple of your five a day and can be a good source of protein and iron, whilst shepherd's pie provides iron and protein, and doesn't have to be laden with saturated fat and calories if you choose to use leaner meats.

"Data that not out of the moment and the comfort foods are not sustainable and having modest portions of comfort foods could actually make it more likely that you'll stick to a balanced diet," says the researchers.

"There are ways to break comfort food meals to make them healthier - with a roast dinner for example, simply cutting down on the meat and adding an extra portion of vegetables will help. If chips are your weakness, opt for oven chips over deep-fried and with shepherd's pie and plenty of sauce."

The study emphasised our tendency to turn to food to alleviate feelings of doom and gloom.

In fact, one in ten (10%) stated that comfort food alleviates depression, feelings of loneliness and sadness - sometimes for them.

Chocolate topped the list as our favourite comfort snack when feeling low, with almost a quarter of women citing it as their top pick.

Psychologist Dr. David Brown added: "What we forget is that the food we eat is more than a physical matter of sustenance for several, specific foods can affect emotional associations over our lifetime and they become a little thing that means a lot to us, improving our mood."

"Traditionally, a roast dinner is the one meal when everyone in the family sits down together, even if it's only once a week."

Traditionally, a roast dinner is the one meal when everyone in the family sits down together, even if it's only once a week.

Researcher's top comfort foods when feeling low, with almost a quarter of women citing it as their top pick.

"When we are older, only two have been found to be well-represented in the same feelings of comfort, warmth and satisfaction."

Britain's Biggest Comfort Foods

1. The roast dinner
2. Shepherd's pie
3. Chips
4. Sausage
5. Spaghetti bolognese
6. Mashed potatoes
7. Chicken dinner
8. Mashed potatoes
9. Cottage pie
10. Sausage and mash
11. Steak and chips
12. Chilli con carne
13. Beef and potatoes with cheese
14. Roast beef
15. Roast chicken
16. Roast lamb
17. Fish pie
18. Full English breakfast
19. Steak and kidney pie
20. Chicken curry

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Reducing your risks of cancer

CRUCIFEROUS vegetables such as broccoli, Brussels sprouts and cabbage contain many phytochemicals, vitamins and minerals. Studies over many years have indicated that there is a link between the consumption of these type of vegetables reducing the risk of multiple types of cancer including breast cancer. However, eating broccoli as we know it is not the most powerful tool. A newly appearing broccoli seed/ broccoli sprout that is specifically 8-10 days old contains over 100 times more sulforaphane than the mature plant and one of the key components of broccoli sprouts is a compound called sulforaphane.



Denise Kelly
Nutritionist
Nutritional Therapy

lowest cancer cells, leading to the death of the cancer cell. It has also been indicated that a potential use of the compound as a chemopreventive agent is cancer treatment. Can you picture the medical mainstream looking up sulforaphane dipeptide instead of the chemical intervention IV drips? That'd be thinking ahead, aren't we? And highly unlikely which wouldn't be necessary.

So why is sulforaphane such

a powerful protective agent? First of all, it acts as a "signaling" molecule. Once inside the cell, sulforaphane switches on one or two specific genes that may be "switched" due to toxicity, poor health and aging factors. Once these genes are turned back on, they produce special detoxification enzymes and antioxidant enzymes.

One of the antibodies that it helps produce is glutathione, which is a powerful and primary antioxidant that is produced inside the cell. Glutathione actually binds the metals of the cell, protecting it against damaging free radicals and therefore reducing the inflammatory response.

Secondly, sulforaphane has been found to cause cell death to cancer cells by inducing specific enzymes and proteins that cause the cancer cells to die. It also decreases the expression of estrogen receptors, which is as important for several types of breast cancers. However, the benefit of adding this agent goes beyond to your diet does not stop there.

Multiple studies have shown promise of broccoli sprouts and sulforaphane and their effect on cancers that affect the prostate, bladder, liver, ovarian, colon and lungs.

We have long thought that we obtained diseases from our ancestors as a result of the genetic exposure. So an emerging field

science called epigenetics helps us to see that we do have control over the destiny of our health. It is supposed that it is very high in antioxidants and phytochemicals like sulforaphane can actually signal the genes and the DNA to be expressed as a healthy way instead of being expressed in a disease. Interestingly, women have shown an average risk of 30 to 40 percent. Others expressed as 10 to 15 percent. Others diagnosed with breast cancer at some time in their lives by increasing exposure to the latest research and making small changes in your diet. Once adding broccoli sprouts, you may have a better opportunity to impact these statistics in a positive way. Lots of love for sharing.

The power of sprouted foods

Consuming sprouts (just the type you have with your Christmas dinner) is like a strong live vegetable food. Think for years if you haven't done a growing food could be:

It is said that sprouts represent the miracle of life. They are in the true sense, super foods. They are alkaline, whole, pure, and natural foods. We should take full advantage of them.

For a full consultation and Ayurvedic Test with Dr. Anand and to find out just what is going on in your body give me a call on 01400 511400

Denise Kelly is a BANT (British Association of Nutritional Therapists) registered Nutritional Therapist/Therapist. The senior Nutrition Practitioner for a variety of organisations and is a private practice in Chesham/West Sussex. @Chubzoid

Average Brit rates fitness level at 46%



THE TYPICAL BRIT rates their fitness level at just 46%, a study has revealed. Research among 10,000 adults found most live an "obviously lifestyle" said a diary record of too much booze and walking to the bus.

mean as far as in what they found it tough to consume enough energy to complete everyday tasks. It also emerged one in three of the population do no conscious whatsoever. While results emphasized the lack of priority given towards

personal health, the average person studied spent their leisure more on their car than they did on their health. The study, commissioned by Holland and Barrett to mark the launch of their Good life MOT, found Brits spent less on their car in the last 12 months but just focus on anything relating to their health. A spokesperson for Holland and Barrett said: "The results are surprising in how little people invest in their health. Low fitness levels are clearly having an impact on people's lives too, whether it's their energy levels or overall body confidence. Making the choice to prioritise your health and exploring some of the small changes you can make every day could have a big impact on helping people feel healthier and happier in 2014." More than one in five of those who took part said they had been forced to reduce cigarette consumption (about three out of weight from other people). The research also revealed how a lack of energy and a low fitness level affects our ability to reach our everyday goals. Around one in two said they found this a struggle, with regular

household chores bringing on fatigue that caused respondents to avoid the things they were in. Additionally the study found the typical adult is currently putting against two major or when and more that hamper them in everyday life. The results also revealed an intention to plan physical appearance higher on our list of priorities than health and fitness. Peter in his (4/5) said that they claimed they were back in more important than how healthy they actually were. And a similar number said they didn't take their health very seriously while one in four even admitted they knew good downhill and are extremely noticeably unbalanced that they were 12 months ago. Perhaps no surprise then that 57% say their fitness level affects their confidence - but that doesn't stop the 58% who make regularly despite knowing the long-term dangers, and the same number that routinely overweighs in alcohol. One quarter of those studied described their body weight as "obviously bad" when asked about their future plans and they seemed bring themselves to change it.

The Holland and Barrett spokesperson added: "It seems we are more readily prioritising material aspects or focusing more on appearance but perhaps forgetting to take care of ourselves. Whether it's in neglecting our long-term health or avoiding worrying about the future or simply in not making the time to think about what we can do to keep the benefits of good health." They also revealed how few Brits (11%) don't do any actual exercise. 1. Low energy levels 2. Don't get enough fruit and vegetables 3. Don't get enough sleep 4. Don't drink enough regularly 5. Walk too much 6. Eat lots of takeaways 7. Have an injury 8. Smoke cigarettes 9. Overweight UK offers with the lowest rate of exercise. 1. Colombia 2. Brazil 3. Netherlands 4. London 5. Cardiff 6. Southampton 7. Wrexham 8. Glasgow 9. Leeds 10. Aberdeen



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Almost half of children receive presents on a sibling's birthday

Millions of children are enjoying a 'sister birthday' each year – because their parents don't want them to feel left out on a sibling's big day, a study has revealed. Researchers found almost half of children are having one or more 'birthdays' a year as parents buy them presents on their sibling's birthday, as well as their own.

On top of that, instead of saving all the presents for the birthday boy or girl, grandparents and even family friends are also getting in on the act and buying gifts for each child on family birthdays.

Not wanting the others to feel left out was the main reason for buying presents for everyone, as well as believing it's not fair if their children have to sit and watch while their sibling gets to open everything.

But the gesture has backfired for some, with a fifth believing their children now expect to receive a gift on every single birthday a brother or sister celebrates.

The study of 2,000 parents found that 49% of boys have had birthday presents on their sibling's birthday, as well as their actual birthday.

And half of those admitted they can't bear the thought of one of their children being left out while their other youngster has the birthday spotlight.

Average woman hides 8 beauty secrets from their partner

THE AVERAGE woman has eight beauty secrets she hides from her partner, it has been revealed. The findings emerged in a study of 2,000 women which shows many spend hours looking hidden resources to look naturally beautiful everyday.

Researchers found women have the thought of their other half knowing they have to pluck, wax and shave their bodies – and as such keep hair removal fees low, that, body and bikini hair is deeply hidden secret.

By children, removing hand skin from face and maintaining a healthy upper lip by waxing, any signs of a mole on the face are also kept private.

While the large majority would never let us, to those little if they were wearing body staining underwear.

Sharon McInerney, General Manager for Hologram, which conducted the study of women, said: "The study shows just how private women are about their bodies and how much they love their partner to think they aren't naturally beautiful with wonderful smooth skin."

As such, women go to great

lengths to hide certain aspects of their beauty rather than their partner, conduct a multitude of pressing tasks behind closed doors.

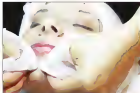
"While ladies get more comfortable with a partner, they might let a few of their secrets slip, but two thirds simply feel they are being more lady like by hiding to themselves secrets."

The study shows many ladies would hate their partner to know they had tampons in from their most secret.

While others don't want him to know they often treat spots with topical, or when they touch. Many girls claim their other half has no idea they wear chador skirts to their bras on a night out, or have to substitute daily.

And for those women who like to maintain a younger appearance, to maintain a made of the anti-aging moisturizer and anti-wrinkle cream they apply as a night cream.

Having eyelashes and eyebrows tinted, cleaned and tamed and the application of face paint are other beauty secrets the average man has no clue their partner bothers with.



Two thirds of ladies pulled out their partner is literally aware of what is needed in their beauty routine – with a third keeping it all a closely guarded secret.

In fact, a third of women reckon their partner would be absolutely mortified if he knew the true extent of what took place behind the bathroom door for half as long everyday.

And 49% of ladies believe their boyfriend or husband would be completely turned off if he saw them doing their most intimate pampering.

A GBS of women say it doesn't

matter how comfortable they get with a partner, they will never ever let him know how much effort goes into looking good.

The spokeswoman for Hologram comments: "There are many women who never want to get as comfortable with a partner they do everything about their beauty routine."

"And many intend to remain tight-lipped about their bathroom habits forever more."

"It can be seen for a man to think his other half looks amazing without knowing how much effort it took."

Horoscopes

Aries 21 March - 20 April

This is one of the most powerful signs in the zodiac. If you're an Aries, it's time to take on all your business. All you need is the will and the rest will come. It's time to be confident to tell you to be a leader. You can be a leader of a company or a team.

Taurus 21 April - 21 May

Hard and steady goers will be enjoying your strength. They may need your support to complete a job they may need. A woman is looking in the past and looking at the future, trying to find the way to the future. She is looking for a way to the future. She is looking for a way to the future.

Gemini 21 May - 21 June

Always in a hurry to get your head on the wheels of your mind. You're always in a hurry to get your head on the wheels of your mind. You're always in a hurry to get your head on the wheels of your mind.

Virgo 21 June - 22 Sept

There's a lot to be learned about the world and the human mind. Make sure you are the better person. The better person is the one who is the better person. The better person is the one who is the better person. The better person is the one who is the better person.

Libra 21 Sept - 21 Oct

Libra is the sign of the balance. It's the sign of the balance. It's the sign of the balance. It's the sign of the balance. It's the sign of the balance. It's the sign of the balance. It's the sign of the balance.

Scorpio 21 Oct - 21 Nov

Scorpio is the sign of the secret. It's the sign of the secret. It's the sign of the secret. It's the sign of the secret. It's the sign of the secret. It's the sign of the secret. It's the sign of the secret.

should be kept in mind. It's the sign of the secret. It's the sign of the secret. It's the sign of the secret. It's the sign of the secret. It's the sign of the secret. It's the sign of the secret.

Sagittarius 21 Nov - 21 Dec

Sagittarius is the sign of the arrow. It's the sign of the arrow. It's the sign of the arrow. It's the sign of the arrow. It's the sign of the arrow. It's the sign of the arrow. It's the sign of the arrow.

Capricorn 21 Dec - 21 Jan

Capricorn is the sign of the goat. It's the sign of the goat. It's the sign of the goat. It's the sign of the goat. It's the sign of the goat. It's the sign of the goat. It's the sign of the goat.

It's the sign of the goat. It's the sign of the goat. It's the sign of the goat. It's the sign of the goat. It's the sign of the goat. It's the sign of the goat. It's the sign of the goat.

Pisces 21 Jan - 21 Feb

Pisces is the sign of the fish. It's the sign of the fish. It's the sign of the fish. It's the sign of the fish. It's the sign of the fish. It's the sign of the fish. It's the sign of the fish.

Aquarius 21 Feb - 21 March

Aquarius is the sign of the water. It's the sign of the water. It's the sign of the water. It's the sign of the water. It's the sign of the water. It's the sign of the water. It's the sign of the water.





Travel

Falmouth Tall Ships Regatta 2014

ONE OF THE world's most spectacular maritime events is attracting vessels - and spectators - from across the globe this month. Over 30 magnificent sailing ships are expected to arrive in Falmouth to Royal Greenwich Tall Ships Regatta.

With the prospect of four days of colourful celebrations in the shire, Cornwall has put in a bid to host the event, and has been successful in securing the rights to host the regatta in 2014. The event will be held in Falmouth, Cornwall, and will be the first time the regatta has been held in England since 1974.

The regatta will feature a variety of ships, including the world's largest sailing ship, the *Queen Mary 2*, and the world's oldest sailing ship, the *Mayflower*. The event will also feature a variety of other ships, including the *Golden Breeze*, the *Mayflower II*, and the *Mayflower III*.

The regatta will be held in Falmouth, Cornwall, and will be the first time the regatta has been held in England since 1974.

in 2014, started by a fleet of hundreds of little ships and a fleet of big ships, the *Queen Mary 2* will be the first big ship to arrive in Falmouth. The regatta will be held in Falmouth, Cornwall, and will be the first time the regatta has been held in England since 1974.

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Building on the success of the 2011 regatta, the 2014 regatta is expected to be the largest yet, with over 100 ships and over 100,000 spectators. The regatta will be held in Falmouth, Cornwall, and will be the first time the regatta has been held in England since 1974.

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It is not just the ships that will be on show, but also the people. The regatta will be held in Falmouth, Cornwall, and will be the first time the regatta has been held in England since 1974.

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Freedom on foot with new Eurocamp Active walking holidays

HERE over to Eurocamp Active for a walking holiday in 2014 that's sure to hit the mark when it comes to enjoying freedom on foot.

Now from the outdoor holiday specialists, Eurocamp Active is the premier in Europe's active holiday, offering the ideal base to enjoy some fantastic outdoor sports. Read more walking routes are available on, in pace and how best to enjoy the holiday. Eurocamp Active is the premier in Europe's active holiday, offering the ideal base to enjoy some fantastic outdoor sports.

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READER OFFER

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ROYAL ALBERT HALL
13 MARCH 2014
£30 per person

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Park Road, Bognor Regis, West Sussex, PO21 3PX

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used (give the answer letters to the right of the grid and try to spot your own).



Left word is a 10-letter

T U J Z C K Y R N P F L M R
I M Q S H D O R A V Z O F

Wordsquare

R P N
I M T
A G L

Given yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the words in the grid at least 3 letters, and letters may be used only once. This cannot be done. Some words are given to help. But even these ending at a very particular. There is one 10-letter word to be found.

How possible

Last week's solution

Word: 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters.

10 words - average
20 words - good
30 words - very good
40 or more - excellent

Sudoku

Fill each grid below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Simple

3	8		4	2	7			
5	6		3	2	9			
			5					
	5	1			7	9		
9	1	4		3	5	8		
4	8			5	1			
			8					
	2	5	7		4	8	1	
	4			1	6	3		

Intermediate

4	6		5	7	8			
9	2				6	5		
		6					5	
	8	3	5	2				
2			6	1		9		
		1		2	4			
5	2			6				
	9	1			6	2		
	8	5	2		4	7		

Difficult

9	5	2	8					
	8				1			
7	2							
1	8	7	6					
	8	7						
						1	4	
							6	3
	4	5	7					
7	6	8	9					

Last week's solution

Word: 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters.

Double Crossword

Choose either to try in cryptic clues.

Cryptic Clues

Across

1. A word meaning 'a word' (10)
2. A word meaning 'a word' (10)
3. A word meaning 'a word' (10)
4. A word meaning 'a word' (10)
5. A word meaning 'a word' (10)
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8. A word meaning 'a word' (10)
9. A word meaning 'a word' (10)
10. A word meaning 'a word' (10)

Down

1. A word meaning 'a word' (10)
2. A word meaning 'a word' (10)
3. A word meaning 'a word' (10)
4. A word meaning 'a word' (10)
5. A word meaning 'a word' (10)
6. A word meaning 'a word' (10)
7. A word meaning 'a word' (10)
8. A word meaning 'a word' (10)
9. A word meaning 'a word' (10)
10. A word meaning 'a word' (10)



Quick Clues

Across

1. A word meaning 'a word' (10)
2. A word meaning 'a word' (10)
3. A word meaning 'a word' (10)
4. A word meaning 'a word' (10)
5. A word meaning 'a word' (10)
6. A word meaning 'a word' (10)
7. A word meaning 'a word' (10)
8. A word meaning 'a word' (10)
9. A word meaning 'a word' (10)
10. A word meaning 'a word' (10)

Down

1. A word meaning 'a word' (10)
2. A word meaning 'a word' (10)
3. A word meaning 'a word' (10)
4. A word meaning 'a word' (10)
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A word meaning 'a word' (10)

Gridgram

Recreate the American grid in a 10x10 letter as first the letters within each circle can be arranged to form words in a crossword theme. Must use the given words and the grid represented by the question mark.



Last week's solution

Word: 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters.

Alphabet

Now bring the letters in the 10x10 to make five words that use both letters in the word. This is to have been placed to start your own.



Last week's solution

Word: 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters, 10 letters.



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Motors

Car prices driven down for armed forces

A NEW DISCOUNT programme launched today could save armed forces members and their families thousands of pounds on the cost of a new car.

The Defence Discount Service car programme (DDS Cars) could help our armed forces, veterans, and their families save up to 10,000, with savings savings of 10,000 each new car purchase.

The exclusive deals are being backed by 11 of the biggest names in the military - a show of their support for those who serve their country.

The exclusive discounts include:

- up to 10,000 on a SEAT Alentejo
- up to 10,000 on a Peugeot 5008
- up to 10,000 on a Renault Scenic
- up to 10,000 on a Fiat Sportage
- up to 10,000 on a Vaux Corsa
- up to 10,000 on a Renault Clio

DDS Cars is just one part of the Defence Discount Service, which over 2,000 companies have joined and pledged generous discounts to show their support for

the armed forces community.

Service personnel, veterans and their families wanting a new car will now be able to view the full range of major large-scale online via the new DDS Cars website or simply visit any of their local dealers and order one at a significantly reduced price.

Defence Minister Adam Smith said: "It is excellent news that so many organisations have signed up to show their support for our armed forces and veterans."

The Defence Discount Service is a great example of ways to help armed forces families by offering money off everyday items or more significant items like a new family car.

"I hope to see even more companies around the country signing up to the Defence Discount Service to show their support for our armed forces community."

The roll-out of the Defence Discount Service car programme builds on the City Mallen already committed to saving on property and insurance to help support the lives of the armed forces through the armed forces discount.

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New Audi tablet puts in-car entertainment in the palm of your hand

AUDI HAS APPLIED its world renowned flair for technological innovation to the development of a new portable tablet that could open up a wealth of new possibilities for interacting between the car, its driver and the Internet.

Shown in prototype form at this month's Consumer Electronics Show in Las Vegas, USA, the Audi Smart Display sleekly combines the latest technology from the consumer electronics world with the robustness and reliability of a component designed specifically for automotive use. With a 10.1-inch full HD display mounted in brushed aluminium, the portable tablet can feature access to, and operation of, the car's infotainment system, but its capabilities also extend far beyond that.

Through a secure and stable WLAN connection and via the very familiar Android operating system, the Smart Display can connect seamlessly with the car

and much more with the state-of-the-art mapping and navigation systems of the Audi Navigation system.

Passengers as the first or new users can use the touchscreens to control the radio, media and navigation systems, and also call up data on the car's operating system. Equally importantly they can also enjoy access to the Internet at optimal Long Term Evolution (LTE) speeds - which significantly outpace more familiar broadband connections via the car's internet system.

As the Smart Display passengers have access to more than 100,000 apps plus streams, music, video books and eBooks through Google Play, the Android app store.

The tablet's internal storage serves as an audio and video playback, but the Audi Smart Display can also receive video from the HDI navigation plus system. One notable advantage of its portability is that it fits that could not be watched as film on a

portable passenger can be removed back at home in the living room at the exact point where it was passed in the car.

The Smart Display uses the Audi sound system to play back sound in perfect quality. External loudspeakers can be connected via Bluetooth or a standard headphone jack. The Smart Display also supports NFC (near field communication) technology, making it particularly easy to connect to Bluetooth headphones and mobile devices in general. Thanks to its integrated camera the Smart Display can also be used for finger recognition.

The Audi Smart Display was specifically developed for use in cars - it can easily withstand extremes of temperature and its robust hardware makes it crash proof - but it also means that for the first time the innovative technology that is synonymous with the Hologram Drive Techbook brand can now reach many other around the

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Location



Date



Logo



Content



Publish

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Category



Location



Date



Logo



Content



Publish





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Sport

Football

100 years celebration of the Downs Course

Sussex County Football League Tables

Division One

Team	P	Pts
1. EAST PRESTON	26	54
2. LITTLEHAMPTON TOWN	26	41
3. BORDENTON	27	40
4. EAST GRINSTEAD TOWN	21	40
5. CLOWESBOROUGH ATHLETIC	33	37
6. BAYES CTS	39	16
7. GOSWICK HARRISERS	21	33
8. BACCHAN	33	32
9. HEDWORTH	30	24
10. LINGFIELD	31	23
11. SELBY	31	19
12. WESTPORT CITY	32	17
13. ST FRANCIS LANSING	36	16
14. STY UNITED	36	11
15. BRIMCOMB	36	10
16. LANCING	21	10
17. STROUDHAM	37	9
18. ARUNWELL	39	10
19. BANGOR TOWN	39	8
20. WESTBROOK UNITED	39	6

Division Two

Team	P	Pts
1. SPALDING UNITED AFC	21	48
2. BARNWARD HARTHORN	21	40
3. SLEWOD	19	40
4. BRANDBURGH BEARS	20	38
5. BOBBLE UNITED	22	25
6. LITTLE COMMON	24	23
7. STYNNING TOWN	27	28
8. WICK & BARHAM UNITED	27	28
9. WESTFIELD	26	25
10. AFC LINGFIELD	27	25
11. WELLS C&A	27	25
12. BARWELL	27	24
13. COBBHAM	26	24
14. RIMINGTON	26	24
15. SLAFFORD TOWN	21	22
16. HEDWORTH & BANGOR C&A	27	21
17. SUTTON UNITED	27	20

Division Three

Team	P	Pts
1. SANDHURST HARRISERS	8	23
2. WRELD	11	21
3. BEEVEY	11	18
4. STEDHAM	11	18
5. PERKINS	9	16
6. WICKFIELD TOWN	9	13
7. CLIFFORD	11	13
8. CLINGWORTH	12	13
9. WESTBROOK CITY	10	13
10. STY & BANGOR RELEASE	11	11
11. SUTTON	11	8



THESE YEARS Golf At Goodwood celebrated 100 years of classic golf on the most winning Downs Course which was originally designed by five-time Open Champion, James Braid who played a duelling match against great rival, Ted Ray at the official opening in 1914.

It was early in 1912 that Lord Remond Garden Lennox, third son of the Duke of Richmond, who owned the magnificent West Sussex estate, engaged Braid to design and produce a course of the highest quality.

Moreover, the search for perfection had continued over the years as other major golfing figures have made their contribution to the status of the Downs Course. Harry Colt, three times Open Champion, was consulted on design aspects in 1916, as was Fred Hawtree in 1929, a member of the distinguished quartet of

golf course architects. They both played their part in the history of Golf At Goodwood.

JAMES BRAID

Braid was undoubtedly one of the greatest golfers of all time and most influential figures in golf course design in the UK. He was part of the Great Triumvirate alongside Harry Vardon and JH Taylor and in 1902 Braid already had a formidable reputation as professional golfer and was making a successful transition to a career in golf course design.

The classic designed course now measures 7,000 yards and displays many of Braid's original trademark design features such as the 'dog leg'. The allowed that each hole should have two ways to play it, the more difficult of which rewarded the golfer with the opportunity to pick up a shot when played correctly.

Braid also introduced blind tee shots to test concentration and maintain the mystery of the hole and slower positioning of bunkers pulled forward of greens and leaving trees still visible from today when judging distances.

Braid's layout stood the test of time for almost 90 years, then in 2009, the Club's new Chairman Lord Mark commended Howard Dixon, former President of the British Institute of Golf Course Architects to transform the Downs Course to elevate it to a world class test of golf. The brief was to preserve the timeless features of Braid's design and further enhance the course to make Goodwood one of the finest golf courses in England without compromising its national history.

The transformation of the Downs Course included the creation of six new holes from 1 to 5 and 16 to 17 which

lengthened the course to 7,500 yards from the championship test. Bunkers, trees, grasses and hedges were rebuilt on the remaining 16 holes to incorporate a contemporary aesthetic, improve sight lines in the course-maintenance through dunes and hollows of the downsland below the world famous Goodwood Race Course.

TOP 100 GOLF COURSES

Today, the Downs Course is rated by Golf World Magazine as one of England's Top 100 golf courses putting it in the top 2% of courses in the country and Goodwood is also been voted in the Top 100 on the Golf and Play golf courses in the UK by Golf Monthly Magazine.

To mark the 100 year celebration of the Downs Course Golf At Goodwood will be staging a series of unique one day golf events throughout the season.

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